

## 2-day UPPER-LOWER (FW)

Welcome to the 2-day Upper-Lower split, here i will explain everything that you will need to know!

First let me tell you, how i structured this training plan.

You will see, that there is **4 different days**, even though this is just a **2-day split**. Let me tell you why.

Every day has a number added to it. They either have number **1 or 2**. So what you will do, is that one the first week, you will use the **UPPER1** and **LOWER1**.

And on the second week, you will use **UPPER2** and **LOWER2**. And on the third week, you start again from **UPPER1** and **LOWER1**, and you continue this cycle over and over!

Now let me show you when to take rest days, and in which order you should run this training plan.

Since this is a 2-day split, you have a lot of freedom, when it comes to the rest days and the order of the workouts.

You can basically schedule the days however you want. The only requirement being, that you take at least 2-3 days rest between the training sessions.

## Help

-Always follow the order that the exercises are written in.

-Definitely use different weight for different rep ranges, you always have to adjust. For example, if you are doing a horizontal push for 5-8 reps, you should always choose a heavier weight, than if you did it for 8-12 reps!

-Below the name of every body part, you can see what type of exercise you are supposed to do, and in the parentheses are example exercises that you should use, you can pick any of these exercises that i included there, its up to you what you like, and what you have access to!

-Always track your progress as explained in the **Progress tracking guide**.

You are closer to your dream physique than 99% will ever be.

Own this new power.

Go to the gym. Make it a habit.

When challenges come, get the other half of the equation: (if you haven't already)

<https://bodybuildingsimplified.com/nutrition>

Let's get your eating habits right as well.

# UPPER1

## SHOULDERS + BICEPS

overhead press\_\_3sets\_\_5-8reps\_\_(standing or sitting overhead press, dumbbells or a barbell)

normal curl\_\_3sets\_\_8-12reps\_\_(barbell strict curl, ez-bar curl, dumbbell curl)

## CHEST + BACK

horizontal push\_\_3sets\_\_5-8reps\_\_(barbell benchpress, dumbbell benchpress, weighted pushup)

vertical pull\_\_3sets\_\_8-12reps\_\_(pull up, chin up, lat pulldown machine, dumbbell pullover)

## CHEST + BACK

incline push\_\_3sets\_\_8-12reps\_\_(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

horizontal pull\_\_3sets\_\_12-15reps\_\_(barbell row, dumbbell row)

## SHOULDERS + TRICEPS

lateral raise\_\_3sets\_\_15-20reps\_\_(dumbbell lateral raise, cable lateral raise)

lateral head isolation\_\_3sets\_\_12-15reps\_\_(triceps pushdown, diamond pushups, dips)

## SHOULDERS + TRICEPS+BICEPS

rear delt movement\_\_3sets\_\_15-20reps\_\_(rear delt fly, reverse pec deck, face pull)

overhead extension\_\_3sets\_\_12-15reps\_\_(skull crusher, overhead triceps extension with cables or dumbbells)

brachialis & brachioradialis curl\_\_3sets\_\_12-15reps\_\_(hammer curl, any curl with overhand grip)

## UPPER2

### CHEST + BACK

incline push\_\_3sets\_\_5-8reps\_\_(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

horizontal pull\_\_3sets\_\_8-12reps\_\_(barbell row, dumbbell row)

### CHEST + BACK

horizontal push\_\_3sets\_\_8-12reps\_\_(barbell benchpress, dumbbell benchpress, weighted pushup)

vertical pull\_\_3sets\_\_12-15reps\_\_(pull up, chin up, lat pulldown machine, dumbbell pullover)

### SHOULDERS + BICEPS

overhead press\_\_3sets\_\_8-12reps\_\_(standing or sitting overhead press, dumbbells or a barbell)

normal curl\_\_3sets\_\_8-12reps\_\_(barbell strict curl, ez-bar curl, dumbbell curl)

### SHOULDERS + TRICEPS

lateral raise\_\_3sets\_\_15-20reps\_\_(dumbbell lateral raise, cable lateral raise)

lateral head isolation\_\_3sets\_\_12-15reps\_\_(triceps pushdown, diamond pushups, dips)

### SHOULDERS + TRICEPS + BICEPS

rear delt movement\_\_3sets\_\_15-20reps\_\_(rear delt fly, reverse pec deck, face pull)

overhead extension\_\_3sets\_\_12-15reps\_\_(skull crusher, overhead triceps extension with cables or dumbbells)

peak focused curl\_\_3sets\_\_12-15reps\_\_(concentration curl, preacher curl)

# LOWER1

*(if you are doing a dumbbell-only workout, the rep range of the goblet squat should be increased to 12-15)*

## QUADS

squat\_\_3sets\_\_5-8reps\_\_(back squat, front squat, goblet squat)

## HAMSTRINGS

hip hinge movement\_\_3sets\_\_8-12reps\_\_(romanian deadlift, stiff leg deadlift, good mornings)

## GLUTES + CALVES

hip thrust\_\_3sets\_\_8-12reps\_\_(hip thrust, hip thrust machine)

calf raise\_\_3sets\_\_15-30reps\_\_(calf raise machine, standing on a plate/stairs)

## QUADS + HAMSTRINGS

isolation\_\_3sets\_\_12-15reps\_\_(leg extensions, leg press, hack squat, bulgarian split squat)

hamstring curl\_\_3sets\_\_12-15reps\_\_(hamstring curls, nordic hamstring curls)

# LOWER2

## HAMSTRINGS + QUADS

hip hinge movement\_\_3sets\_\_5-8reps\_\_(romanian deadlift, stiff leg deadlift, good mornings)

squat\_\_3sets\_\_8-12reps\_\_(back squat, front squat, goblet squat)

## GLUTES + CALVES

lunges\_\_3sets\_\_15reps each leg\_\_(lunges, glute kickbacks)

calf raise\_\_3sets\_\_15-30reps\_\_(calf raise machine, standing on a plate/stairs)

## HAMSTRINGS + QUADS

hamstring curl\_\_3sets\_\_12-15reps\_\_(hamstring curls, nordic hamstring curls)

isolation\_\_3sets\_\_12-15reps\_\_(leg extensions, leg press, hack squat, bulgarian split squat)